

# The **BUZZ** *about South Orange*



A publication of the Village of South Orange, NJ

Senior Services at  
South Orange Public Library  
65 Scotland Road (973) 762-0230

&

The BAIRD, The South Orange  
Dept. of Recreation & Cultural Affairs  
5 Mead Street (973) 378-7754



**The filing deadline for 2015 Property Tax Reimbursement (Senior Freeze) Application Deadline has been extended to October 17, 2016.** More info about the PTR is on page 2.

**The Kosher Nutrition Program** is where you can find an excellent lunch and a delightful group of people at noon on Tues and Thurs. There are stimulating programs offered following lunch on Tuesdays. Program director, Frances Bucien is also one of the nicest people you will meet.+ Call her for more information and to make your required reservation. Page 5 has the info you need.

**Have You Tried** Knitting or Creative Writing? Even if you have never done these before it's never to late to start. See page 4 for info on these and other programs at the South Orange Public Library.

**Have You Heard of The Zika Virus?** We are just now learning more about it. We know it is carried by the mosquito and that the virus will most likely be in the US sometime this summer. Do we need to take precautions to prevent the spread of it? See page 3 for more info.

**Computer Classes** are available at The South Orange Public Library and they are free! They are scheduled for twice a month in July & August and will cover topics from internet basics to Microsoft Word.. See page 4 for the details.

JULY & AUGUST 2016

THE BUZZ



**Village of South Orange Ninth Annual Free Health Fair**  
**Saturday September 10, 2015 10:00 a.m. – 2:00 p.m.**  
**The Fire House - 56 Sloan St., So. Orange**

**Free Health Screenings:** Osteoporosis ▪ stroke risk assessment which includes (blood pressure, glucose, total cholesterol screening, HDL "good cholesterol", LDL "bad cholesterol" and triglycerides (both are fasting) ▪ hepatitis B screening (venous) ▪ respiratory screening ▪ spinal analysis ▪ lead screening (adults & children) ▪ WIC (Women, infants, and children) information ▪ sleep disorders education ▪ children's face painting.

For more information, you can call the South Orange Health Department  
at (973) 378-7715 ext. 7710



**Please Note:** South Orange Senior Services will be closed for the month of August. Service will resume on Tues. 9/6/16.



### Property Tax Reimbursement (PTR)

The application deadline for the NJ 2015 Property Tax Reimbursement has been extended to October 17, 2016

The PTR (also known as the *Senior Freeze*) provides eligible applicants with a reimbursement of a portion of the property taxes due and paid on their primary residence in the previous year. In essence it “freezes” the property taxes on a home at the amount set when the homeowner first applied and was approved for this benefit.

Eligibility requirements for the 2015 PTR include that the applicant must:

- be at least 65 years old or receiving Social Security Disability Benefits.
- been a NJ resident (home owner or renter) continuously for at least 10 years.
- owned & resided in current home for at least the last 3 years.
- Have paid the full amount of all Property Taxes due on the home.
- Had a total annual gross income (combined if married) of:
  - less than \$85,553 for 2014 and
  - less than \$87,007 for 2015.

Take Note: In determining income eligibility the NJ Dept. of Taxation takes almost all income received into consideration. This includes “tax exempt” income and most other income that may not be required to report in determining eligibility for this reimbursement.

Additional information and application is available at [www.state.nj.us/treasury/taxation/ptr/](http://www.state.nj.us/treasury/taxation/ptr/) or can be obtained by calling the Property Tax Reimbursement Hotline at 1-800-882-6597.



### Summertime and the Living...

Summer is a wonderful relief from the deep freeze of winter. The warmth

of summer may feel pleasant but precautions need to be taken because the heat of summer can be dangerous, even deadly. Due to aging-related physical changes that occur in the body, chronic health conditions, and the side effects of some medications can increase risk for heat related problems.

Here are some suggested precautions we can all take on hot days:

- Drink plenty of water and other fluids. When it is very warm avoid beverages that contain alcohol, caffeine or are carbonated as these can be dehydrating.
- Plan the day so that during the hottest hours you can be in a cool place such as a “cooling center”, a shopping mall, movie theater or library. Also, during these hours try to avoid strenuous activity as most of this can be postponed or rescheduled.
- Dress in lightweight, light color clothing that is loose fitting. Any covers that are used at night should be lightweight and breathable.
- Use & reapply sunscreen (SPF 15 or higher) and wear a hat if you will be out in the sun. This is important in preventing skin cancers.
- In order to minimize the heat from the sun coming into your home keep blinds or curtains closed during the hours when daylight is strongest.
- Avoid eating heavy and spicy foods as these can add heat to your body. You may want to eat lightly and more frequently.
- Watch for signs of possible heat related illness such as excessive feelings of exhaustion, weakness, excessive sweating, mental confusion, muscle cramping, nausea/vomiting or loss of consciousness. Call 911 or have someone call any if these occur.
- Use Common Sense and never leave a person or a pet alone in a car when it is hot. The heat in a car intensifies and can be extremely dangerous.



THE BUZZ JULY & AUGUST 2016



### South Orange Farmers Market & Senior Citizen Vouchers for it



Did you know that South Orange has a Farmers Market? It does and the market is a great place to purchase fresh fruits, vegetables and much more. It is located at Sloan Street and First Street in Lot 9 and is open on Wednesdays from 2 - 7 pm. It started on June 1st this year and will run until October 26th.

Vouchers (four \$5.00 vouchers) that can be used to make purchases at area Farmer's Markets will again be available to eligible seniors through the Essex County Office of Senior Services.

If applying for the free voucher please Bring:

- Proof of Identification      • Proof of Income
- Proof of Age (requirement 60+)
- Proof of Residency      • Proof of Income

Income eligibility is the same as for Food Stamps/SNAP (Supplemental Nutrition Assistance Program). Eligible residents can earn no more than:

- \$1,832 Monthly or
- \$916 Bi-Weekly.



For more information call 973-395-8391.

If eligible, vouchers can be obtained at Verona Park, 475 Bloomfield Ave/Lakeside St on Tuesdays in July and August and September 6 and 13 or at CityPlex12 Theater, 360-394 Springfield Ave, Newark 07103 on Fridays in July and August and Sept. 2,9,16.

### Other Items of Interest This Summer



#### A Bit About the Zika Virus

Although the mosquitoes in the US are not yet known to carry the Zika virus it is already in Puerto Rico and the US Virgin Islands. Most experts believe the mosquitoes in the continental US will have

the virus by sometime this summer. It is thought that the mosquito that transmit the virus will be present in about 30 states before the end of summer. Texas and Florida are among the states where mosquitoes have been most problematic. This is especially true for urban areas where air conditioning is less likely and screens are not present.

According to the CDC the Zika Virus is known to cause birth defects such as microcephaly and other neurological abnormalities. The CDC has not yet confirmed that zika causes neurological conditions in adults although there has been some increase in the incidence of these.

Control of the mosquito population is the best known method of limiting the spread of zika. Eliminating any standing water is crucial in these efforts as this is prime breeding ground for the pesky insects. Using air conditioning with windows closed is also an effective way of controlling individual exposure to the mosquito. If windows must be open be sure that screens are in good condition without tears or other holes in them.

#### Meteor Shower is Coming



There is usually a meteor shower between July 17th and August 24th of every year. It is expected to occur on Aug. 11-12. Some say that the peak of it most visible sometime after the moon sets, after midnight while others say the best time to view most meteor showers is when the sky is the darkest, usually just before dawn.

The type of meteor shower that is expected in August, a Perseid, is generally reliable and it will likely have many "shooting stars". Some experts predict as much as 90 of these per hour. It should be visible in much of North America, depending upon the weather.

THE BUZZ JULY & AUGUST 2016

This is your Public Library! There's books but also so much more. In the summertime it is a great place to spend time, enjoy the air conditioning and try something new or different. There's free internet and you can use the computers in the library at no charge. There are educational sessions of all types such as knitting, using a computer, creative writing, etc. You can even find an English as a Second Language discussion and a variety of entertainment programs from movies to Shakespeare. Try it, you'll like it!

## SHAKESPEARE'S "12TH NIGHT" COMES TO THE SOUTH ORANGE LIBRARY



Shakespeare

The Next Stage Ensemble of the of the Shakespeare Theatre of New Jersey will present "Shakespeare's "12th NIGHT" on Tuesday, July 19th, at 7:00 p.m. It is a romantic comedy and suitable for all ages. All are welcome and refreshments will be served.

## South Orange Public Library: Summer Lecture Series/Discussion Group

During July & August this group meets twice a month on Thursdays at 1PM.

▪ 7/14th Guest Speaker: Melissa Kopecky, Director of the South Orange Public Library

Topic: "Christmas in July: A Crazy Look at Holidays"

▪ 7/28th Guest Speaker: Naoma Welk, Author

Topic: Talk & Film Presentation on an Armchair Trip Through Historic South Orange

▪ 8/11th Guest Speaker: Ikuko Acosta, Director of Art Therapy Program at N.Y.U.

Topic: Art as Healing Experience

▪ 8/25th Guest Speaker: Marie Somers, Former Director of IT Communications at Seton Hall University. Topic: Looking Backward & Forward at Seton Hall University.



## Knitting Workshop

The Knitting Workshop is led by professional knitter Nan Samons . Enjoy knitting, friendly conversation, wonderful knitting instructions if needed, and refreshments. This summer the Knitting Workshop will meet at 12 noon on Mondays July 18th and August 15th.

## Creative Writing Group



This group provides participants with an opportunity to do something they may only have thought about before. That is to write. It can be as much of a challenge to yourself as you want it to be or simply a relaxing way to express your thoughts, feeling and/or experiences. This group meets on Wed. at 1 pm. Meeting dates during this summer are July 13 and 27 and August 10.

## Wednesdays at The Movies, shown at 1 pm.

July 6th - "Young Sherlock Holmes"

July 20th - "Back to the Future"



Aug. 3rd - "Zootopia"

Aug. 17th - "Star-Wars"

## Computer Classes @SOPL are on Mondays at 10 am. They are about 90 min. each.

July 11 • Email basics

August 8 • Gadgets (smartphones, tablets, etc.)

July 25 • Internet basics

August 22 • Microsoft Word basics

**From the South Orange Health Department**



Does your blood pressure need to be monitored? Do you know what your blood pressure generally runs? You monitor your blood pressure and more at the BLOOD PRESSURE SCREENINGS offered by the South Orange Health Department on the first & third Thursdays of each month. The nurse can also discuss health concerns with you and provide information on maintaining good health.

**FREE:** Blood Pressure Screening is offered by South Orange Health Department two Thursday mornings each month. All residents are welcome to attend.

- July 7th is the first Thurs of the month. The screening will be at the Village Apartments, 110 Vose Ave, 9 to 10 am.
- July 21st, the third Thurs of the month, the screening will take place at The Baird, from 9 to 10:30 am.
- Aug. 4th—On the first Thurs of August the screening will be at the Village Apartments, 110 Vose Ave, 9 to 10 am.
- Aug. 18th - On the third Thus of August the screening will take place at The Baird, from 9 to 10:30 am.

For additional information contact the South Orange Health Department at 973-7715 Ext. 7710.



**SAVE THE DATE:** SEPTEMBER 10, 2016 FROM 10:00 A.M. TO 2:00 P.M.  
FOR THE TENTH ANNUAL FREE HEALTH FAIR AT THE FIRE HOUSE, 56 SLOAN STREET.

**From Frances Bucien at The Essex County Kosher Nutrition Program**

Located at The Village Apartments, 110 Vose Ave, South Orange)

Have you tried our delicious lunch? It is served on Tuesdays & Thursdays at 12 noon, by reservation. You have nothing to lose – your first visit is on us! Open to all seniors. \$3 donation requested. More info: 973 530-3504



The following is the schedule of the various ACTIVITIES/PROGRAMS planned for this summer. Programs are at 1 pm on Tuesdays in the main dining room following lunch. All are welcome.

In July we will have:

- July 5 – A Visit from SOS
- July 12 - Documentary: The Last Play at Shea
- July 19 – Senior Fitness
- July 28 – Wordplay

The following is the schedule for August:

- August 2 – Current Events Discussion
- August 9 – Documentary: Howard Zinn
- August 16 – Senior Fitness
- August 23 – What’s in Season at the Farmer’s Market?
- August 30 – Labor Songs from the Smithsonian Folkways collection

**SENIOR CIRCLE OF SOUTH ORANGE:** *Just a quick Note*

The Senior Circle has no meetings scheduled during July or August. Watch for the September BUZZ for meeting information & more.



# WHAT'S HAPPENING AT THE BAIRD

Programs and events sponsored by the South Orange Department of Recreation & Cultural Affairs  
(973) 378-7754, extension 1

## SPECIAL PROGRAMS AND EVENTS

### **Quilting Group—Tuesdays, 9:30 am to 12:30 pm**

This group is for current quilters or others interested in learning how to quilt. Drop in on Tuesday mornings, 9:30 am to 12:30 pm



**Wednesday, July 6th, 10 am—**South Orange jitney goes to **Essex Green Plaza** in West Orange.



### **Sunday, July 17th, 6-8 pm—Adult Night at the South Orange Pool**

Enjoy live music and dinner poolside. All South Orange residents and their adult guests are welcome.

**Wednesday, July 20th, 10am—**So. Orange jitney goes to **Target and Whole Foods**.

**Wednesday, August 3rd, 10 am—**South Orange jitney goes to **Essex Green Plaza** in West Orange.

### **Sunday, August 14th, 6-8 pm—Adult Night at the South Orange Pool**

Enjoy live music and dinner poolside. All South Orange residents and their adult guests are welcome.



**Wednesday, August 17th, 10am—**So. Orange jitney goes to **Target and Whole Foods**.

The BUZZ July-August 2016

## SUMMER NIGHTS IN SOUTH ORANGE



Every Wednesday it's something different on Floods Hill. Beginning July 6th, come to the hill with your chair or blanket and enjoy an evening of musical entertainment starting at 7:30 pm. Don't know what to have for dinner? Enjoy a revolving selection of Food Trucks on concert nights.

- July 6—Mark Murphy and Friends (Tribute to Dave Matthews Band and Fleetwood Mac)
- July 13—Dr. K's Motown Review (60s Motown)
- July 20—Nine Deez Nite (90s Tribute & Covers)
- July 27—Max Headroom (80s Tribute & Covers)
- August 3—Rock the Hill (Garage Bands)

